



Pentagram

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Photo illustration by U.S. Army Combat Readiness Center

The Memorial Day holiday kicks off the 101 critical days of summer. People need to remain safe and vigilant after being in the house during the COVID-19 pandemic.

Army to kick off 101 critical days of summer

By Catrina Francis
Pentagram Editor

On Memorial Day, the nation honors those who died in America's wars. It's also the "official" kick off to summer and the Army's "101 critical days of summer," which ends Labor Day.

George Suber, a Joint Base Myer-Henderson Hall Army Substance Abuse Program prevention coordinator, pointed out that this year might be a little different from the past because of the COVID-19 pandemic. People are finally having an opportunity to visit family members and have barbecues during Memorial Day weekend.

"Being in that social setting, especially coming out of a pandemic, really wanting to be around people (they) want to socialize," said Suber. "Drinking and consumption of alcohol is probably going to increase a lot more. From the standpoint of a safety issue, you want to talk about drunk driving, impairment driving, which is one of the most often committed crimes that (can) kill a lot of people over holidays like Fourth of July, Memorial Day, Labor Day

— what we call fun days — but some people use it as an excuse to drink, consume more alcohol."

Suber added it's during those times when innocent people are injured or sometimes killed after finishing simple tasks like leaving the grocery store, and he or she has an accident after someone made the decision to drive while intoxicated.

"During the summer months, (the) 101 critical days of summer, is usually when things do go awry (because) people go camping, people go boating, people go out to the parks, go out to cookouts — those things increase the amount of consumption of alcohol," he said.

Suber said if there were a positive aspect of the COVID-19 pandemic, it would be the decreased number of drunk driving incidents committed by service members on the joint base. He said the numbers are down for this time of year leading into the Memorial Day holiday.

"I'm very happy, (the numbers are down)," he said. "(As) the weather starts to change, people socialize and want to get out in social settings," he said. "A lot of

times ... people get in trouble this time of year."

Suber said preplanning prior to drinking should be used. He pointed out that before pregameing, Soldiers need to ask themselves questions such as, "How will I get home? How much do I think I'm going to drink?"

"Simple things like that will help you get home safely," said Suber.

Suber said people should look at the people in their social circle, because they might be heavy drinkers while the other person might be a moderate drinker. He said it's also important to look at share drivers or taking a taxi to make sure he or she isn't driving while intoxicated.

"If you go to someone's house, maybe stay there for the night," Suber said. "If you drink too much alcohol, you might want to consider I don't need to get on the road (because) I don't need to take that risk of maybe hurting myself or hurting someone else."

He added Soldiers need to understand that once they start drinking, it won't take a lot to become impaired or at the legal limit of .08, which is the limit

in all 50 states.

"If you look at intoxication while operating a motorized vehicle, that's a .08 in all 50 states, but impairment starts before .08," he said. "(What) people don't realize is a lot of times that first drink has already impaired (them), let their guard down (and) makes them feel relaxed.

"(Some will say), 'I don't feel like I'm too intoxicated. I feel a little buzz, so I will drink another one because I don't think that will really make me drunk.' (When) in fact it does get them to that .08. I would also suggest if people want to go out and drink that they establish some type of base where they eat before they start drinking. Providing a good high protein meal won't stop intoxication, but it will slow it down versus (drinking) on an empty stomach."

Suber said most people start drinking on an empty stomach and after drinking, they decide to eat. In most cases that's too late because they are not eating a balanced meal. Most are eating junk food — hamburgers, pizza, shrimp fried rice, chicken wings, things

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NCR celebrates contributions of Asian Americans, Pacific Islanders to U.S. Army

By Catrina Francis
Pentagram Editor

“The principle on which this country was founded and by which it has always been governed is that Americanism is a matter of mind and heart; Americanism is not, and never was, a matter of race or ancestry,” the late President Franklin Delano Roosevelt said.

On Tuesday, during a virtual observance, the National Capital Region celebrated the Asian American Pacific Islander Heritage Month observance. This year’s theme is “Advancing Leaders Through Purpose-Driven Service.”

Col. David Bowling, the commander of Joint Base Myer-Henderson Hall, said the observance was about celebrating the important contributions of Asians and Pacific Islanders sent to the nation historically and in today’s society.

“Asian Americans and Pacific Islanders have forged a proud legacy that reflects the spirit of our nation — a country that values the contributions of everyone who calls America home,” said Bowling. “Their rich heritage spans the world and the depth of America’s history. Generation after generation through times of hardship and in the face of enduring prejudice, these women and men have persisted and forged ahead to help strengthen our union.”

He pointed out that since 1990; the entire month of May has been designated to recognize the personal achievements and valuable contributions to the American story by Asian Americans and Pacific Islanders.

“A service that creates positive cultures, empowers leaders to lead with values, offers frequent encouragement and feedback and puts employees first,” he said. “We celebrate the cultural traditions, ancestry, native languages, unique experiences represented among more than 56 ethnic groups, speaking over 100 languages from Asia and Pacific Islands who live in the United States.”



Screenshots by Emily Mihalik

The District of Columbia Samoan congregation performs during the NCR’s Asian American Pacific Islander Heritage Month virtual observance Tuesday.

The month of May was chosen to commemorate the Japanese to the United States May 7, 1843, and to mark the anniversary of the Transatlantic Railroad completion, which was May 10, 1869. The majority of the workers who laid the tracks of that nation-unifying railway were in fact Chinese immigrants, said Bowling.

“During today’s presentation, we are proud to present to you the District of Columbia Samoan congregation, a group that dates back over 35 years, and was established by former Congressman the Honorable Fofu Sunia from America Samoa,” he said.

The Samoan congregation then performed dances native the Samoan and Pacific Islander culture. Some of the dances were influenced by today’s music.

Command Sgt. Maj. Matthew Majeski, JBM-HH’s command sergeant major, said

Asian and Pacific Islanders have historically served in the Army with great valor and distinction and continue to be essential members of the Army team.

“They play vital roles in today’s Army as Soldiers, Army civilians and Family members,” Majeski said. “Nearly 12,000 Army civilians and 59,000 Army Soldiers who identify as Asian American or Pacific Islander serve in the total force. In 2014, the Army recruiting station in Pago Pago produced the most recruits the contributions and achievements of individuals of Asian Pacific Islander descent illustrates the strength of a diverse Army.”

According to the Department of Veterans Affairs, the first Medal of Honor recipient was to U.S. Army Pvt. Jose Nisperos, from the Philippine Scouts Unit for this action Sept. 24, 1911. The one and only Medal of Honor awarded during peacetime was Jan. 21, 1915 to Second Class Telesforo Trinidad. Twenty-one of the 24 Medal of Honor recipients during World War II were Japanese Americans serving with the 442nd Regimental Combat Team or the 100th Infantry Battalion. In the Korean War, the first native Hawaiian and Pacific Islanders, Pfc. Anthony T. Kaho’ohanohano and Herbert K. Pililaau were awarded the Medal of Honor for their actions on Sept. 1, 1951 and Sept. 17, 1951 respectively. During the Vietnam War, the three Asian Americans recipients the MOH were Cpl. Terry Kawamura, Staff Sgt. Elmelindo Smith and Sgt. 1st Class Rodney Yano. Thirty-three Asian American and Pacific Islanders have received this prestigious honor for their actions during war and in peacetime.

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Pentagram



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Community

Headquarters, Headquarters Battalion prepares for AFCT



Photos by Sgt. 1st Class Richard Ciccarello

Every Monday, Wednesday and Friday at Bldg. 417, the Joint Base Myer-Henderson Hall's Headquarters and Headquarters Company participates in "Commander's Core" time during the last five to 10 minutes of every physical training session. The goal is to help Soldiers prepare for the Army Combat Fitness Test, which focuses on the core muscle groups every day. All service members are encouraged to attend, especially those who need to see improvements prior to the AFCT implementation early next year.



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that are already based with grease, he said.

"Grease and alcohol don't mix well, it makes it worse," said Suber. "The best thing for people to do is to eat a full balanced meal and let that meal start to digest

before you start to consume alcohol. Alcohol is absorbed through your stomach lining. If there is nothing there, it's going to absorb a lot faster and the stages of intoxication will happen a lot faster versus slower (when there is) food in your stomach."

As the 101 critical days of

summer kick off this weekend, Suber wants the JBM-HH community to stay safe, careful and vigilant.

"It's important (for) all of us to get home safely ... it's imperative we all get home safely," he said. "This weekend being the first start of summer, Memorial Day, it's a

lot of built up stress or frustration and people are going to be looking for relief. (I hope) alcohol is not that relief. Hopefully being around family and friends is relief."

Pentagram editor Catrina Francis can be reached at catrina.s.francis2.civ@mail.mil.

Sexual Harassment/Assault Response and Prevention (SHARP)



Virtual Training Sessions



Memorial Day 2021

These services are open Memorial Day Monday. Call before visiting any services not listed.

Facility	Hours
JBM-HH Commissary	9 a.m. to 5 p.m.
JBM-HH Exchange	10 a.m. to 4 p.m.
Myer Express	9 a.m. to 7 p.m.
Starbucks	10 a.m. to 3 p.m.
Other Exchange services (Subway, Panda Express, barbershop, cleaners, optical shop)	10 a.m. to 4 p.m.
MCX and Vineyard	10 a.m. to 6 p.m.
American Clipper (HH)	11 a.m. to 3 p.m.
Dining Facility	Brunch - 9 a.m. to noon Supper - 4 to 5:30 p.m.

**Rader Clinic is closed Monday, including COVID-19 testing.
All installation gyms are closed Monday.**



Be Kind

Children under 12 and immunocompromised people need help protecting themselves and rely on unvaccinated people to choose to wear masks indoors.



Virtual play morning

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

Baby bundles

Baby bundles, which is available by request, prepares the home and relationship for the

changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.

ACS YouTube channel

JBM-HH Army Community Service has

announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>, and click “Subscribe” and continue to receive resources available whenever.



You are not alone. Face challenges with support.

Army Emergency Relief (703) 696-8475


RED Cross - for privation and emergency travel (877) 272-7337

Domestic violence support (571) 302-6582


Domestic violence hotline (703) 919-1611


All other ACS inquiries please email Kathryn.k.feehan.civ@mail.mil





2021 ANDREW RADER U.S. ARMY HEALTH CLINIC COVID-19 VACCINATION CLINIC







- COVID-19 Vaccination Campaign Update:
 - COVID-19 Vaccination Clinic will move to the Andrew Rader Clinic **Readiness Section** on **25 May 2021**
- WHO:** All Active Duty, eligible Tricare beneficiaries age 18 and up, and eligible DoD Civilians/contractors.
- WHEN:** Monday through Thursday from 8am to 2:30pm by appointment only. There is no walk-in availability.
- For additional updates on the Joint Base Myer Henderson Hall Covid-19 Vaccination campaign, please call our automated hotline at **703-696-2994**.

HOW: COVID-19 Vaccines are appointment only. There are two ways to schedule an appointment.

- Visit the ARUSAHC COVID-19 Vaccine Appointment Portal at <https://informatics-stage.health.mil/RaderCOVIDApp/> or Through Tricare online at <https://www.tricareonline.com>





Hurricane season in life

By Retired Chaplain (Brig. Gen.) Ray Bailey
Former Deputy Chief of Chaplains

I've been reading that the hurricane season is approaching soon. In fact, they are tracking some disturbances in the Atlantic Ocean to see if it develops into a full-fledged hurricane. Only time will tell to see if the disturbance escalates into something major. Some have in the past, while others just petered out into a gusty wind and rain disturbance that quickly dissipates.

I've had disturbances in my life at one time or another. Some developed into a full hurricane while others dissipated before getting worse. The disturbance began as a mild argument with my wife, a co-worker, son or a friend, and thus began the escalation.

At first, it was only a tropical disturbance. It was nothing to get too concerned with for it was only in a confined area and kept strong with frustration and irritability for more than 24 hours. No big deal.

Then it escalated to a tropical depression or cyclone. It had all the right conditions such as harboring hurt feelings, unforgiveness, less communication and stubbornness. The temperatures of the conflict were much warmer than before.

Then it further escalated to a tropical storm. Now things were almost out of control. The wind speeds increased with more



Photo by ready.gov

heated words and animosity. The only communication was vindictive and hateful. Slowly it became more powerful beyond control. It now has a name of a wrong did to me. That name is repeated over and over and kept alive.

We now are in the middle of an actual hurricane. The winds of anger attack not only whom I am angry with, but also others who venture too close. They swirl faster and faster. My attitude sweeps across my home, work and neighbors. No one is safe from words and attitude. My anger is destroying.

Then, I see the effects of my words and atti-

tude. I see the tears, hurt and distrust. Was it worth it? What have I done? My anger begins to dissipate because it isn't being fed by my vengeful heart. The winds drop and what made me angry before, slowly disappears into a bad memory, but leaving a path of a destroyed relationship.

I am tracking a disturbance in my life to see if it develops into a full-fledged hurricane. Only time will tell to see if the disturbance escalates into something major. Some have in the past, while others just petered out into a gusty wind and rain disturbance that quickly dissipates. The difference from weather is I have a choice.

JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.

To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhrrso> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil. Services are subject to cancellation in the event of inclement weather.

To register for Catholic Mass, contact the Catholic coordinator by email at info@jbmhhmcc.com.

Catholic Mass	Saturday at 5 p.m. and Sunday at 8:30 a.m.
Protestant Service	Sunday at 10:30 a.m.
Gospel Service	Sunday at 12:30 p.m.
Samoan Service	Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass	8:30 a.m.
General Protestant	10:30 a.m.
Gospel Service	12:30 p.m.

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at saralyn.astrow.ctr@mail.mil or phone at (703) 806-3393.

STAY VIGILANT

Report concerns to Base Defense Operations
Usarmy.jbmhh.id-sustainment.mbx.dptms-bdoc@mail.mil
(703)696-5113/5662 Together, keeping JBM-HH safe.
Dial 911 in emergencies. For non-emergency dispatch, call (703)588-2800/2801.

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U.S. ARMY

ARMY PCS MOVE

Here are some tips for the 2021 Permanent Change of Station (PCS) season



Graphic by U.S. Army

Helpful tips for PCS season

By Army G-4

As Soldiers, civilians and Families gear up for the upcoming permanent change of station season, the Army has streamlined processes and policies to enable a safe, convenient, predictable and user-friendly move. Improvements to make this year's moves easier include updates to the Army PCS Move App, increased reimbursements for personally procured moves, more quality-assurance inspectors and a longer window to submit claims.

Since preparation and planning are imperative for a successful move, the Army PCS Move App, which can be downloaded for free from Google's Play Store for Android devices and Apple's App Store for iOS devices, offers information on financial management, entitlements, types of moves, planning, scheduling and the claims process. In addition, it provides practical advice, links and interactive functions to make the PCS

move a low-hassle experience.

The new "live chat" function connects Soldiers with a live customer service representative at the click of a button. The chat function creates a communication log between the caller and the agent, which can be downloaded for record keeping.

The Army's new policy on reimbursements and allowances reimburses personally procured moves up to 100% of what it would cost the government to use an industry provider, permanently changing the Joint Travel Regulation. And to enable better forecasting and scheduling, the Army now requires PCS orders to be provided 120 days before report dates.

Upon receipt of orders, Soldiers should immediately create an account or log on to the Defense Personal Property System, upload their orders and complete all shipment applications for the move. The next step is to visit the transportation office for counseling, which will assist Soldiers,

civilians and Families with state-side and overseas moves. By contacting the transportation office quickly, customers will have a better chance of scheduling a convenient move, receive confirmation of booking a moving company in advance and receive approval to conduct a PPM.

The end of May through July 4 is considered the peak of the summer moving season, so Soldiers, civilians and Families need to consider the timing of their PCS moves.

Since each move has unique needs and requirements, Military One Source offers strategies for smooth moves, relocation assistance and personalized support. Their 24/7 hotline (833-MIL-MOVE) provides customer-support representatives who can provide assistance and answer questions. The Army also released three household goods claims videos, located on the Army PCS Move App, to provide answers to frequently asked questions.

During relocation time, Soldiers can claim per diem allowance for meals and incidentals for up to seven days without receipts, taking some of the hassle out of the moving process.

After a shipment is delivered, Soldiers should complete the customer satisfaction survey via the Defense Personal Property System. The survey results will help keep the moving companies accountable by assessing their performance.

The deadline for claim notification is now 180 days after delivery — up from 120 days — which gives Soldiers, civilians and Families ample time to identify and report lost or damaged goods.

PCS season can be stressful, but with proper planning, the interactive Army PCS Move App, changes to entitlements, and improved quality assurance, the Army is taking care of its most valuable asset — Soldiers, civilians and their Families.



Courageous survivors, leaders are cornerstone of sexual assault reform

By Terri Moon Cronk
DOD News

Survivors of sexual assault and sexual harassment in the military are an important voice in building a culture that supports victims and holds perpetrators accountable. The Department of Defense’s Independent Review Commission on Sexual Assault in the Military wants to hear from those survivors.

The IRC is in the midst of a 90-day mission to collect information and present recommendations to President Joe Biden and Secretary of Defense Lloyd J. Austin III to prevent and respond to sexual assault and harassment in the military. Through survivors, IRC members want to get to the heart of common themes and experiences.

“The words and experiences shared with us by survivors underscore the importance of the opportunities created by the secretary of defense when he directed immediate actions and chartered this commission,” Neil Irvin with IRC’s prevention effort, said. “Sexual assault and harassment are preventable and are central to the opportunities for this commission, highlighted by survivors, to address DOD’s enterprise-wide efforts to stop sexual assault and harassment before it occurs.”

IRC members are identifying potential gaps to inform targeted recommendations that can lead to systemic change. Recommendations will focus on four lines of effort: accountability; prevention; climate and culture; and victim care and support. Survivors — veterans, reservists and active duty are encouraged to anonymously share their experiences and sug-

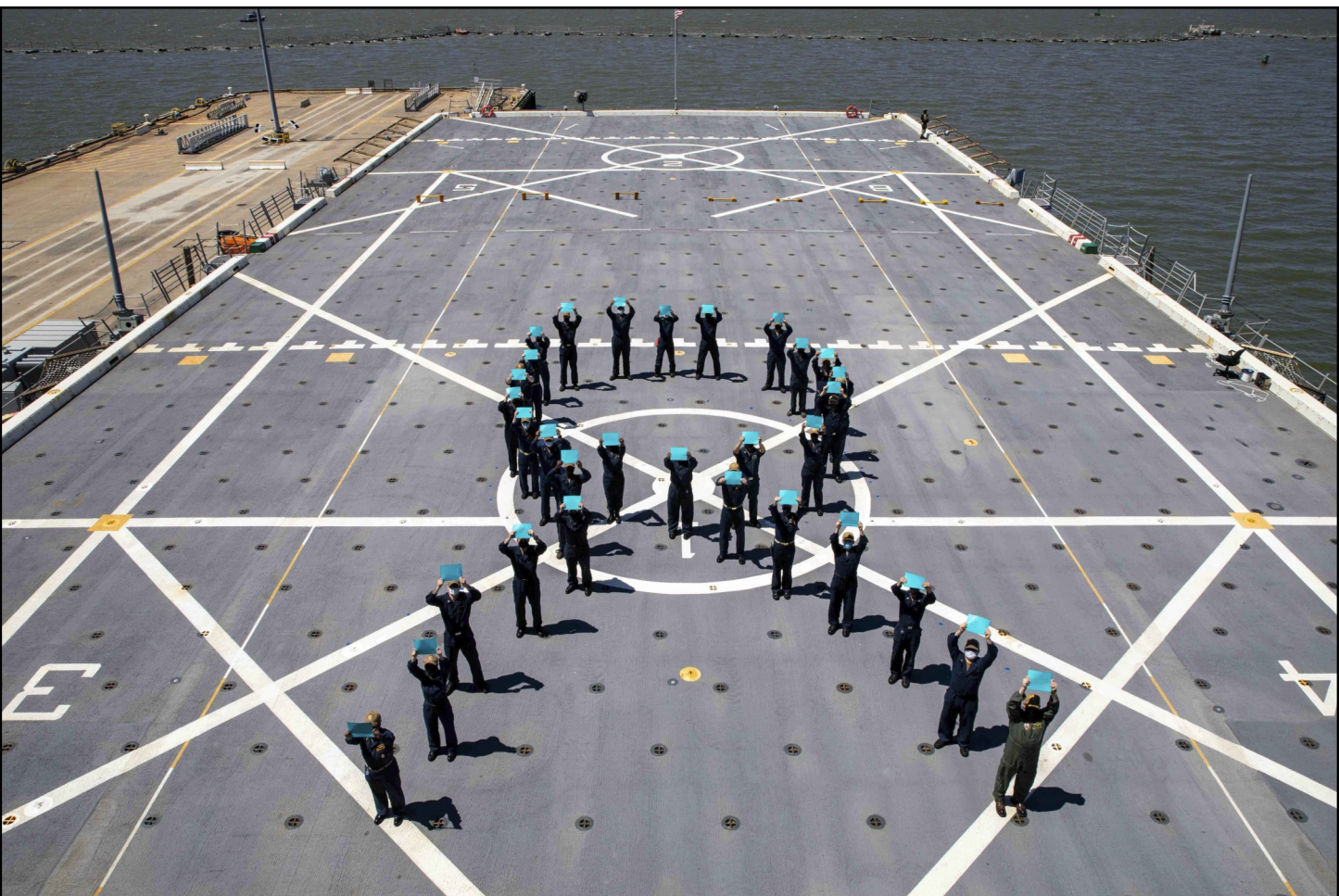


Photo by Navy Petty Officer 2nd Class John Bellino
Sailors form a teal ribbon on the flight deck of the USS Arlington in Norfolk, Virginia, April 26 in support of Sexual Assault Awareness and Prevention Month.

gestions at www.safehelpline.org. The feedback form opened March 24, the day the IRC officially began, and closes Wednesday.

Kris Rose, who co-leads the victim care and support effort, explained that survivors provide the depth, context and reality of sexual harassment and sexual assault that’s often missing when examining policy and practice.

“We are indebted to all the survivors who have come forward with their candid assessments and ideas, and we hope they will continue to do so,” she said. “We couldn’t do this work without

them.”
IRC members particularly want to hear from junior enlisted service members about their experiences. Statistically, they are the most impacted by sexual assault; they are also tomorrow’s leaders who hold the key to long-term, sustained change.

As climate and culture in the military are concerned, IRC expert Lt. Col. Bridgette Bell said, “We are listening to these service members to understand how the climate of their unit affects their ability to feel safe and supported.”

In addition to online feedback, members of the IRC are visiting

installations — large and small, and speaking with troops overseas and stateside to connect with members of all the military services, including the National Guard and Reserves.

“Hearing from survivors of sexual harassment and sexual assault allows us to better understand diverse experiences, including with their co-workers, chain of command and the military justice system,” Sasha Rutizer with the accountability line of effort emphasized. The IRC will make recommendations in late June.

Health and Wellness for Office Workers

Stretching and You

Neck stretches

Allow the weight of your hand to bring down your head as you 1) listen to your armpit, 2) look at your armpit

Chest stretch

Sitting upright, grasp the rear sides of your chair as you depress your shoulders from your ears.

Barrel hugs

Imagine as if you are holding a massive oak barrel in your arms as you rotate your mid-spine up, down, left, right and side to side.

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Hold all stretches for at least 30 seconds on each side within a pain-free range of motion. Always consult your healthcare professional before starting or modifying your fitness program.

Pelvic Tilts with Leg Lift

With your feet firmly on the floor, alternate between a fully erect posture and slouched posture. Ease off 10% from fully erect, contract your core and perform alternating leg lifts for 5 seconds for a total of 60 seconds.

Hip flexor stretches

Perform one or all three of these hip flexor stretches as shown. Contract your glute muscles for a more effective stretch across the front of your hip. The kneeling stretch should also be felt in your anterior thigh muscle.

Glute stretch

Sitting upright, assume the tailor’s position with your ankle atop your knee. Gently lean forward while keeping a straight back until you feel a gentle pull in the glute of your crossed leg.

Calf stretches

With your front foot on a step, wall, or the side of your desk and toes upward, gently lean forward for two positions: 1) front knee straight, 2) front knee bent. You should feel a deeper, lower stretch with your knee bent.

Double hip stretch

While lying on the floor or the bed, pull both knees up to your chest for 30 seconds. Then pull just your right knee to your chest for 30 seconds followed by left.

Virginia National Guard adapts to changing COVID-19 support missions

By Mike Vrabel
JFHQ Public Affairs

The Virginia National Guard is continuing COVID-19 response missions across Virginia with task forces supporting vaccine clinics and providing mobile vaccine teams to help administer shots.

The Federal Emergency Management Agency opened a community vaccination clinic March 29 at the Military Circle Mall in Norfolk, Virginia, with Brig. Gen. James Ring, the VNG director of the joint staff, serving as the dual-status commander. While active-duty Sailors assigned to the Portsmouth Naval Medical Command and Joint Expeditionary Base Little Creek-Fort Story, Virginia, are providing the staffing for the main clinic, VNG mobile vaccination teams have helped vaccinate the surrounding community during “spoke missions,” taking vaccination shots on the road to underserved communities in Hampton Roads.

“The VNG welcomes the opportunity to team with our federal, state and local partners in COVID-19 response,” said Ring. “We’re glad to be part of the national and commonwealth effort to mitigate the effects of this global pandemic in our communities. The support of FEMA has enabled Virginia to speed the vaccine response to our local communities.”

One of VNG’s mobile vaccination team leaders, 2nd Lt. Kyle Rash, said the Guard is filling a void between small, private clinics that can vaccinate up to 150 people a day and large clinic hubs like the FEMA site at Military Circle Mall, which can vaccinate thousands daily.

“The need for these medium-size satellite clinics existed and is something that falls in line with the capabilities that our mobile vaccination teams can provide,” explained Rash. “For these, FEMA provides the overall operational oversight and coordination with the local communities and VNG personnel provides a portion of the manpower that is required to make the operation happen, and at the end of the day the community is better served for it.”

These medium-sized mobile clinics are targeting some of Hampton Roads’ underserved communities, providing vaccination shots to some of the area’s most vulnerable citizens. Sites for these clinics include churches and Norfolk-area public schools.

“Many of the members of the audience we

are able to reach out to the high risk or vulnerable category and may not have as many opportunities to receive a vaccination or support,” said Rash.

“Knowing that we are making a difference in these communities is a very rewarding aspect of the missions, and this is one of the components of the mission that keeps the teams’ morale high and steady as we continue to travel across the state conducting these operations.”

“Being able to help the underserved is always a joy and also brings joy to the people who come to the site for their vaccinations,” said Staff Sgt. Matthew Collier, one of the mobile vaccination team members. “No better job.”

VNG teams supported the spoke clinics throughout April and will continue into June. Most of the missions have resulted in 100 to 150 shots facilitated, though the teams are capable of providing more than double that number at each site.

“The satellite clinics are realistically outfitted to conduct a rough maximum throughput of about 400 a day, but we have not met that yet,” said Rash. “If we do exceed that number, FEMA is often able to work out solutions so that they are not turning anyone away.”

For Rash, it’s the impact on the community that makes his team’s efforts worth it.

“It is rewarding to see the impact and know that we are able to better protect our neighbors and communities against the ever-changing pandemic,” Rash said. “Some of these community members are high-risk and vulnerable and may work some of the most essential jobs in the community but have limited access to receive the vaccine.”

In Nottoway County, VNG Soldiers and Airmen assigned to another COVID-19 support



Courtesy photo
A Virginia Guard Soldier vaccinates a citizen during a mobile COVID-19 vaccination clinic in Norfolk, Virginia. VNG teams are supporting a Federal Emergency Management Agency vaccine hub with mobile vaccination teams administering shots at a satellite clinics in Hampton Roads.

team are also adapting to new missions. After weeks of providing vaccination and wrap-around logistics and administrative support for a clinic opened in April by the Virginia Department of Health and the Virginia Department of Emergency Management in Blackstone, those Soldiers and Airmen are now taking vaccinations to schools and other smaller sites to help reach more citizens.

“The VNG remains appreciative of the outstanding work of our military service members and the support of their civilian employers during this period of prolonged emergency response operations,” said Ring.

As of May 13, VNG COVID-19 mobile vaccination teams had administered nearly 45,000 shots across Virginia. VNG administrative and logistics support at community clinics has also facilitated more than 437,000 vaccinations.

In addition to the vaccine support, VNG Soldiers and Airmen collected more than 179,000 COVID-19 test samples, tested the fit of thousands of N95 respirator masks and trained others on proper mask fit. From April through July 2020, the Guard helped food banks distribute nearly 1.35 million pounds of food.



‘You will never walk alone’

“Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices,” said the late President Harry S. Truman. Join The United States Army Band “Pershing’s Own” for a special Memorial Day livestream remembering America’s fallen heroes by honoring the loved ones they left behind. Individuals will learn more about the Tragedy Assistance Program for Survivors and how they care for military Families grieving the death of a loved one. The people in TAPS, many of whom have endured losses of their own, ensure Families never walk alone. Watch the livestream May 28 at 4 p.m. via the band’s Facebook page at www.facebook.com/usarmyband, website at <https://www.usarmyband.com> or YouTube channel at <https://www.youtube.com/usarmyband>.

News Notes

Rader Clinic holiday hours

Rader clinic will be closing early Friday in observance of Memorial Day. Ancillary services, to include COVID-19 testing, will close at 2:30 p.m. and the last scheduled patient appointment will be at 2:30 p.m. The clinic will be closed Monday.

To obtain laboratory, pharmacy and radiology services, please visit any DOD laboratory or radiology site within the region that is open over the holiday.

To obtain COVID-19 testing for diagnosis due to symptoms, surgical requirements or for military readiness, please visit Fort Belvoir Community Hospital or Walter Reed National Military Medical Center.

Virtual behavioral health services appointments remain available and can be scheduled by calling (833) 853-1392, option 4.

If an individual requires urgent care, please contact the Fort Belvoir Community Hospital at (571) 231-3224, the Walter Reed National Military Medical Center at (301) 295-0500 or seek care at the nearest emergency room.

The Rader Dental Clinic is closed Friday and Monday.

JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for June 3 at 1 p.m. with JBM-HH Commander Col. David Bowling, JBM-HH Deputy Commander Marine Lt. Col. Mark A. Paolicelli and Andrew Rader U.S. Army Health Clinic Commander Lt. Col. Jessica Milloy. Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Facebook page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at usarmy.jbmhh.asa.list.pao-all@mail.mil.

DeCA sidewalk sale

The JBM-HH Commissary is holding a sidewalk sale from Thursday through Sunday.

Virginia lane closures lift for Memorial Day

With Memorial Day weekend cookouts enticing travel across Virginia, drivers are encouraged to plan ahead to make it to their destinations safely. The Virginia Department of Transportation will make travel easier by suspending most highway work zones and lifting most lane closures on interstates and other major roads in Virginia from noon Friday until noon Tuesday. While lane closures will be lifted in most locations, motorists may encounter semi-permanent work zones that remain in place during this time.

A full listing of lane closures can be found on VDOT's website at http://www.virginiadot.org/travel/travel_alerts/default.asp. To report a road problem or get answers to transportation questions,

call VDOT's Customer Service Center around the clock at 800-FOR-ROAD (800-367-7623).

Ask a school liaison officer

JBM-HH school liaison officers Amy Fishman and Ann Daffin will join Joint Base Anacostia-Bolling SLO Kimberly Crutchfield for an "Ask a SLO anything" webinar June 8 from 1 to 2 p.m. via Zoom.

The regional SLOs will be on hand to discuss current school issues that impact a parent and their children. Issues addressed include JBAB's new school, transitioning, transcripts, the new school year and more. Register by emailing SLO Amy Fishman at amy.fishman@usmc-mccs.org or call by phone at (703) 693-8378.

Run with the Marines

The 2021 Marine Corps Marathon Weekend will be held live and in-person Oct. 29 to 31 in Arlington, Virginia, and the nation's capital. The 2021 MCM weekend includes the live 46th MCM, MCM50K and MCM10K Oct. 31, with all three events being offered as virtual options as well between Oct. 1 and Nov. 11. If available, general entries to the live event opened to the public Wednesday at noon eastern. Please follow the MCM website at marinemarathon.com and social media channels for updates. All questions may be directed to MCMCustomerService@usmc-mccs.org.

AER campaign extended

The vice chief of staff of the Army has extended the 2021 Army Emergency Relief Annual Fund Campaign through June 15.

Active duty Soldiers and retirees may donate online by allotment. Credit card donations may be made online at <https://www.armyemergencyrelief.org/donate>, and to donate by check, please mail to Army Emergency Relief, 2530 Crystal Dr., Suite 13161, Arlington, VA 22202. Make sure to select JB Myer-Henderson Hall, Section #08076.

If there are any questions regarding donations, contact the local Army Emergency Relief officer at (703) 696-8435.

Thank you for supporting 2021 Army Emergency Relief Annual Fund Campaign.

ANC metro reopens

DC Metro reopened the Arlington Cemetery metro stop Sunday. Metro customers at Addison Road and Arlington Cemetery can now enjoy safer, modernized stations, after three months of work to completely rebuild platforms and make upgrades throughout the stations. For more information, visit www.wmata.com/about/news/Addison-Arlington-Reopening.cfm.

Arlington National Cemetery has announced several developments in its ongoing efforts to reopen services and its sites. The expanded activities and protocols

can be found at <https://www.arlingtoncemetery.mil/Media/News>.

For additional updates regarding Arlington National Cemetery, visit the cemetery's Facebook page at www.facebook.com/ArlingtonNatl.

Army Hiring Days

Be part of a team where people come first. During Army National Hiring Days through June 14, the Army's goal is to hire 1,700 new Soldiers into the active Army, Army National Guard and the Army Reserve.

Join one of the most diverse organizations in the nation — diversity in people, diversity in ideas and beliefs, and diversity in skills. Visit GoArmy.com/hiringdays to learn more.

Rader Clinic Tier 2 phase

In conjunction with the joint base, Rader Clinic continues to provide the Moderna COVID-19 vaccine in line with the Department of Defense population tiers. The clinic is now in Tier 2, which includes all active duty, Tricare beneficiaries age 18 and up and eligible DOD civilians and contractors. The COVID-19 vaccination is offered by appointment only. To schedule an appointment, please visit <https://informatics-stage.health.mil/RaderCOVIDApp> or Tricare Online at www.tolsecuremessaging.com.

Please note, vaccine administration for those with appointments is now occurring at Rader Health Clinic. For additional updates on the COVID-19 vaccination campaign, please call the Rader Clinic COVID-19 vaccination automated hotline at (703) 696-2994.

Please continue to follow JBM-HH communications platforms including the joint base Facebook page, website and virtual town halls for the latest updates.

Aspiring musicians

If a young musician is looking for an opportunity to perform locally applications for the U.S. Army Blues Solo Competition are out now. This opportunity is available to D.C. area high school students and college students nationwide.

The competition is an opportunity to perform live with the Army's premier jazz ensemble. Apply now, as submissions are due June 7.

Twilight Tattoo web series

Join the Soldiers of the U.S. Army Military District of Washington Wednesday evenings in May and June as they explore history through the eyes of the American Soldier. Each week at 7 p.m. EDT, MDW will premiere an eight-minute episode on the official TWT website at <https://twilight.mdw.army.mil/>, as well

as at the MDW YouTube channel and Facebook page.

MDW plans to return with its traditional hourlong, live-action public program on JBM-HH in May and June of 2022. MDW continues to follow DOD guidelines and CDC recommendations in order to ensure the safety of Soldiers, Families, Army civilians, contractors and the community.

Death notices

Anyone with debts owed to or by the estate of Sgt. Maj. Cheryl M. Ani, the United States Army Band, must contact Maj. Dae Kim, the summary court-martial officer for the Soldier. Ani passed away April 27. Call Kim at (571) 867-4033.

Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.

Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open. The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.

CYS summer camp

Military, DOD civilian and other eligible patrons interested in the JBM-HH Child and Youth Services School-Age Care Summer Camp program may submit a "Request for Care" on militarychildcare.com to be placed on the waitlist. Spaces are limited and offers for care will be made by priority category. For more information, please visit militarychildcare.com or call the JBM-HH CYS Parent and Outreach Services office at (703) 696-0575 or (703)696-8850.